“500 Mile Club”

Summer Workout Plan

\*\*You need to have been in Track & Field or Running shape already to attempt this workout plan, otherwise the quantity of mileage is too high to start with and will invite injury!

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Week* | *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* | *Saturday* | *Sunday* | Total  Weekly Mileage |
| #1 | 4 Miles | Rest | 4 Miles | 5 Miles | Rest | 5 Miles | 4 Miles | 22 Miles |
| #2 | 4 Miles | 6 Miles | Rest | 5 Miles | 5 Miles | Rest | 4 Miles | 24 Miles |
| #3 | 5 Miles | 4 Miles | 5 Miles | Rest | 6 Miles | 6 Miles | Rest | 26 Miles |
| #4 | Rest | 6 Miles | 5 Miles | 6 Miles | Rest | 6 Miles | 5 Miles | 28 Miles |
| #5 | 7 Miles | Rest | 7 Miles | 4 Miles | 7 Miles | Rest | 7 Miles | 32 Miles |
| #6 | 6 Miles | 8 Miles | Rest | 8 Miles | 6 Miles | 8 Miles | Rest | 36 Miles |
| #7 | 8 Miles | 6 Miles | 8 Miles | Rest | 8 Miles | 6 Miles | 8 Miles | 42 Miles |
| #8 | 7 Miles | 8 Miles | 7 Miles | 9 Miles | Rest | 8 Miles | 7 Miles | 46 Miles |
| #9 | 8 Miles | 7 Miles | 8 Miles | 7 Miles | 9 Miles | Rest | 9 Miles | 48 Miles |
| #10 | 7 Miles | 9 Miles | 7 Miles | 9 Miles | 7 Miles | 9 Miles | Rest | 48 Miles |
| #11 | 9 Miles | 7 Miles | 8 Miles | 8 Miles | 7 Miles | 9 Miles | Rest | 48 Miles |
| \*#12 | 9 Miles | 7 Miles | 9 Miles | 7 Miles | 9 Miles | 9 Miles | Rest | 50 Miles |
| \*#13 | 9 Miles | 7 Miles | 9 Miles | 7 Miles | 9 Miles | 9 Miles | Rest | 50 Miles |
| \* | Captain’s | Practice | Weeks |  |  |  | Total | 500 Miles |